

SPRING 2015 UPDATE



"Spring is nature's way of saying, 'Let's party!'"
~Robin Williams

O2 found lots of winter fun with the SOS Snowboarding program, winter camping in Leavenworth, snowshoe hiking, and the Copper Creek overnight. As the snow melts and the sun brings warmer temperatures and spring flowers, we are pleased to announce the 2015 O2 Spring Update! This upcoming season is full of exciting outdoor opportunities: after-school workshops, service learning projects, day trips, overnight trips and monthly rock climbing sessions.

We are thrilled to start spring camping! We will travel overnight to Whidbey Island, Spencer Spit State Park in the San Juan Islands, and the high desert at Quincy Lakes. Each trip is a unique adventure, so sign up today.

After the school year ends, come to our **Annual Summer BBQ** on June 29th at Lincoln Park in West Seattle. This is a great way of meeting new people, hanging out in the sun and getting the first chance to sign up for O2 summer events. Check out the event description for more information and specific pick up times.

Attention!! Attention!! Attention!! Do you want to make money and gain job experience? Join us for our joint **Summer Career Opportunities Workshop** on April 2nd. There will be different job opportunities available from city employers such as Seattle Parks and Recreation and the Associated Recreation Council. You are guaranteed to find an opportunity that will work for you. The South-end is also having an environmental careers workshop on May 12th to introduce you to other job opportunities. Don't forget: spring is your chance to apply for one of O2 summer stipend positions! *For our **O2 stipend programs**, please read the descriptions and fill out the application form (pg.13) and submit it to Emilio no later than June 5th.*

As the days get warmer, there are more fun opportunities to get out on the water in an O2 aquatic event, such as: swimming, rafting, canoeing, kayaking, and boating. To participate in our aquatic events, you are required to have a completed **Float Test** (pg. 25). We are offering float test dates and times for North and South-end locations. If you are unable to make these times, you can visit one of the pools listed on our float test information page. If you pass, float test certifications are then good for three years and allow you to participate in all O2 aquatic trips.

Finally, take a look at all the awesome workshops that the North-end and South-end locations are hosting this spring. The North-end will be hosting a biking and marine life event on Alki Beach and the South-end will be having a two-part series on Advances in Science and Global Systems, including a tour of the University of Washington. O2 service projects and select events will remain as joint events. You can sign up with either Libby (North-end) or Emilio (South-end). Libby's cell phone is 206-423-1501 and Emilio's is 206-423-3460. **You can sign up for events no more than a month ahead of time.** In order to confirm your slot for any O2 event, please contact Emilio or Libby no later than **one week** before the event.

We are excited about your participation in our spring 2015 season. Call us now to sign up and secure your spot for rad spring time adventures!

~ Bob, Emilio, Emily and Libby ~

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Libby Lamb | 206-423-1501
Emilio Cassaretto | 206-423-3460
Bob Warner | 206-890-2513
Emily Sachwald | 206-390-1018
www.seattle.gov/parks/teens/o2
Join our group on Facebook!



April



OUTDOOR
OPPORTUNITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 North-end Workshop Roller Skating Pg. 5	2 JOINT North/South Workshop Summer Job Opportunities Pg. 5,7	3	4
5	6	7 South-end Workshop Mariners Game Pg. 7	8 JOINT North/South Workshop CenturyLink Field Tour Pg. 5,7	9	10	11 JOINT North/South Service Project PAWS Pg. 11
12	13 South-end Overnight San Juan Island Adventure Pg. 10	14 South-end Overnight San Juan Island Adventure Pg. 10 North-end Float Test Pg. 25	15 South-end Overnight San Juan Is- land Adven- ture Pg. 10 North-end Service Project Kayak Clean-Up Pg. 5	16	17	18
19	20	21 South-end Workshop Fun in the Park Pg. 7	22 North-end Workshop Chemicals in Your Home Pg. 5	23	24 North-end Overnight Trip Migratory Bird Festival Pg. 10	25 North-end Overnight Trip Migratory Bird Festival Pg. 10
26 North-end Overnight Trip Migratory Bird Festival Pg. 10	27	28 South-end Workshop Belay Workshop Pg. 7	29 North-end Workshop Outdoor Photography 101 Pg. 5	30 JOINT North/South Workshop Vertical World Indoor Climbing Pg. 9		

Workshop pickup time: 3-4:00 p.m.
Workshop drop-off time: by 7 p.m.
Weekend trip pickup time: 8:45-9:30 a.m.

Contact us to sign up for events!
Libby (north) | 206-423-1501
Emilio (South) | 206-423-3460



May



OUTDOOR
OPPORTUNITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 South-end Workshop Advances in Science and Global Systems – Part 1 Pg. 7	6 North-end Workshop Map & Compass Night Hike Pg. 5	7	8	9
10	11	12 South-end Workshop Environmental Careers Pg. 8	13 North-end Workshop Outdoor Beach Feast Pg. 6	14 South-end Float Test Pg. 25	15 North-end Float Test Pg. 25	16 JOINT North/South Overnight Trip Ancient Lakes Desert Adventure Pg. 10
17 JOINT Overnight Trip Ancient Lakes Desert Adventure Pg. 10	18	19 South-end Workshop University of Washington Global Systems – Part 2 Pg. 8	20 North-end Workshop Pg. 6 Sustainable Seattle	21	22	23 JOINT North/South Service Project WTA Trail Restoration Pg. 11
24	25	26 South-end Workshop Kayaking Basics Pg. 8	27 North-end Workshop Marine Life at Alki Pg. 6	28 JOINT North/South Workshop Mountaineers Rock Climbing Pg. 9	29	30
31						

Workshop pickup time: 3-4:00 p.m.
Workshop drop-off time: by 7 p.m.
Weekend trip pickup time: 8:45-9:30 a.m.
Weekend trip drop-off time: by 8 p.m.

Contact us to sign up for events!
Libby (north) | 206-423-1501
Emilio (south) | 206-423-34603
www.Facebook.com/groups/O2program



June



OUTDOOR
OPPORTUNITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 LAST DAY OF SCHOOL	16	17	18 South-end Float Test Pg. 25	19	20
21	22	23 North-end Float Test Pg. 25 South-end Float Test Pg. 25	24	25	26 JOINT North/South Day Trip White Water Rafting Pg. 10 (Waiver and Float Tests Needed)	27
28	29 JOINT North/South Day Trip Summer BBQ KICK-OFF Pg.6,8	30	July 1	2	3	4
5	6 Stipend Program Mandatory Rock Climbing Training Pg. 12	7 Stipend Program Mandatory Kayak Training Pg. 12	8	9 Stipend Program Outdoor Rock Climbing Pg. 12	10 Stipend Program Outdoor Kayaking Pg. 12	11

Workshop pickup time: 3-4:00 p.m.
Workshop drop-off time: by 7 p.m.
Weekend trip pickup time: 8:45-9:30 a.m.
Weekend trip drop-off time: by 8 p.m.

Contact us to sign up for events!
Libby (north) | 206-423-1501
Emilio (south) | 206-423-3460
www.Facebook.com/groups/O2program

Space is limited on these events, so please call or text **Libby** and leave a message to sign up for all North-end events! **206-423-1501**

NORTH-END WORKSHOPS— mostly WEDNESDAYS

Pickups and Drop-offs:

NORTH-end students can meet the green Parks van at:
Garfield Community Center—3 p.m.
Northgate Community Center—3:30 p.m.
Return to Northgate CC/Garfield CC—by 7 p.m.



Wednesday, April 1: Roller Skating

Where else can you find an activity that is this much fun and makes you look this ridiculous? Join in the laughs, the falls, the music and the fun of skating.

Thursday, April 2: Summer Job Opportunities

There are a variety of jobs and paid opportunities available for you during the summer through the City of Seattle and its partners. Come find out which positions and opportunities are available, how to apply, and when your application needs to be turned in. Some application deadlines are approaching fast, so sign up now and come find out how to make it happen!

Wednesday, April 8: CenturyLink Field Tour

Get behind the scenes of the Seattle Seahawks and FC Sounders with a tour of the CenturyLink stadium. Get an up close and personal look at the "private" sections of the stadium, stand next to the 12th man flag, and walk over the same turf as Russell Wilson with this exclusive O2 tour.

Wednesday, April 15: Kayak Clean-Up

Note: Since it is the week of Spring Break, this is an all-day event! Pick ups will be at Garfield CC at 9:30 a.m. and Northgate CC at 10 a.m., and we will return by 6 p.m.

Come learn the art of kayaking while getting community service hours with O2! With this fun, fast-moving sport, you will get to cruise around Lake Washington on kayaks while caring for our community by picking up trash along the shoreline. This is a great way to earn some hours and spend some time on the water during Spring Break! *A float test is required (pg. 25) to attend this event.*

Wednesday, April 22: Chemicals in Your Home

The products that we use to clean ourselves, our homes, and protect us outside are convenient but deadly. Learn how these chemicals are polluting your body and your surroundings, and create some alternative solutions to take home and use in your everyday life. Learn how to create your very own handmade soaps and shampoos, along with a personalized scent that will leave you smelling fresh without the pollution.

Wednesday, April 29: Outdoor Photography 101

Ever wondered how pro's seem to take such breath-taking photos of the outdoors? Come learn from a photographer some tips and tricks to help you capture scenery the way it should be remembered and then practice on some of our beautiful Seattle landscape!

Thursday, April 30: Indoor Rock Climbing—Pg. 9

Wednesday, May 6: Map and Compass Night Hike

Ever get lost? Ever have your phone die? Learn how to navigate yourself out of any situation with this fun night hike and walk away feeling good about using a map and compass.

Space is limited on these events, so please call or text **Libby** and leave a message to sign up for all North-end events! **206-423-1501**

NORTH-END WORKSHOPS— mostly WEDNESDAYS
(Continued)

Pickups and Drop-offs:

NORTH-end students can meet the green Parks van at:
Garfield Community Center—3 p.m.
Northgate Community Center—3:30 p.m.
Return to Northgate CC/Garfield CC—by 7 p.m.



Wednesday, May 13: Outdoor Beach Feast

Camping season is near and we want to prepare by "camping" at the beach for the evening with a toasty bonfire. Learn how to create gourmet feasts and even better deserts over the campfire with tinfoil, roasting sticks, and just a few simple ingredients. Come hungry and stay for games!

Wednesday, May 20: Sustainable Seattle

What is sustainability and how does it affect you? Come learn how this is a part of your life and about related career opportunities in Seattle.

Wednesday, May 27: Marine Life at Alki

What sea creatures make Alki beach their home? How long have they lived there? What is their life like? Learn this and more as we cruise the beach by bicycle and check out this unique marine ecosystem.

Thursday, May 28: Outdoor Climbing at the Mountaineers—Pg. 9

Monday, June 29: Summer Kick Off BBQ - Lincoln Park Picnic Shelter 3

Note: Pickup times for this event are as follows:

**North-end—Garfield CC 10 a.m./ Northgate CC 10:30 a.m.*

**South-end—Rainier CC 10 a.m./Jefferson CC 10:15 a.m./Camp Long 10:30 a.m.*

The BBQ will be over by 3 p.m.

With school finally over and summer just beginning, please come and celebrate with an O2 barbecue at the beach! This will also be an opportunity to see the newly-released summer calendar, sign up for summer trips, eat yummy food, play beach games, and hang out with old and new friends. Anyone is welcome to join!



SOUTH-END WORKSHOPS—mostly TUESDAYS

Pickups and Drop-offs:

SOUTH-end students can meet the green Parks van at:
Rainier Community Center—3:15 p.m.
Jefferson Community Center—3:30 p.m.
Camp Long—4 p.m.
Return to Jefferson CC/Rainier CC/Camp Long—by 7 p.m.



Thursday, April 2: Summer Job Opportunities

There are a variety of jobs and paid opportunities available for you during the summer through the City of Seattle and its partners. Come find out which positions and opportunities are available, how to apply, and when your application needs to be turned in. Some application deadlines are approaching fast, so sign up now and come find out how to make it happen!

Tuesday, April 7: Mariner's Game

Come out to root the Mariners on as they start their season against the Los Angeles Angels of Anaheim. We will sing ball-field songs; eat popcorn and treats; and cheer the home team on to victory!
Pick up times are: Rainier—6 PM, Jefferson—6:15 PM, Camp Long—6:30 PM, Back by 9:30 PM.

Wednesday, April 8: CenturyLink Field Tour

Get behind the scenes of the Seattle Seahawks and FC Sounders with a tour of the CenturyLink stadium. Get an up close and personal look at the "private" sections of the stadium, stand next to the 12th man flag, and walk over the same turf that Russell Wilson steps on with this exclusive O2 tour. This is an early pick—Rainier 3:00, Jefferson 3:15, Camp Long 3:30 PM.

Tuesday, April 14: NOTE—We are not hosting a workshop this week due to the San Juan island overnight event.

Tuesday, April 21: Fun in the Park

Seattle is home to over 430 parks and green spaces throughout the city. The Seattle Parks systems is one of the best in the nation, and our gorgeous areas of land offer up tons of fun. Come out, join the O2 program for a BBQ and try your hand at some new, awesome activities in the park. Activities include: ultimate Frisbee, Frisbee golf, kite flying, slack lining, soccer and much, much more!

Tuesday, April 28: Belay Workshop

We are excited to announce that rock climbing season is officially here! Belaying is the act of passing the climbing rope through a device in order to catch and lower the climber. In order to make the most of our climbing season it is important that everyone gets belay certified. Once belay certified you can then belay and get more O2 climbers on the wall. No experience is necessary.

Thursday, April 30: Indoor Rock Climbing—Pg. 9

Tuesday, May 5: Advances in Science and Global Systems – Part 1

Advances in science, technology, and global systems have changed our understandings of nature, the environment, and how the Earth functions. Global system science has created many new science disciplines, college majors, and jobs in new industries. College and universities are leading this realm of innovation. Come out and see what college-level science, research, and the newly created job markets have to offer. Perhaps you will find an interest and passion that becomes a college major or career in the future!

SOUTH-END WORKSHOPS—mostly TUESDAYS (Continued)

Pickups and Drop-offs:

SOUTH-end students can meet the green Parks van at:

Rainier Community Center—3:15 p.m.

Jefferson Community Center—3:30 p.m.

Camp Long—4 p.m.

Return to Jefferson CC/Rainier CC/Camp Long—by 7 p.m.

Tuesday, May 12: Environmental Careers

If you are interested in biology, science, engineering, education, global systems, or law, then perhaps an environmental career is the perfect opportunity for you! There are amazing environmental careers with the federal government, state, county, non-profits and private corporations. This incredible workshop will have guest speakers from the City of Seattle, the National Forest Service, and King County. We will provide you with a great overview of job options and the actual application processes that can make jobs available to you now and into the future. Don't let this opportunity pass!

Tuesday, May 19: Advances in Science and Global Systems @ UW – Part 2

You are invited to take a private tour of the University of Washington schools of science and interdisciplinary studies. Let's take a close-up look at the current advancements in global science. Research and science changes the way we understand the world. Come be a part of this change and expand the way you see the planet.

Tuesday, May 26: Kayaking Basics

The O2 program recently received a generous donation of 15 sea kayaks. As a result, we will be offering many new kayak programs and a paid stipend kayak program this summer. Come out and learn the basics of kayaking to get a jump start on the spring and summer seasons. No experience is necessary. *A float test is required (pg. 25) to attend this event.*

Thursday, May 28: Outdoor Climbing at Magnuson Park—Pg. 9

Monday, June 29: Summer Kick Off BBQ - Lincoln Park Picnic Shelter 3

Note: Pickup times for this event are as follows:

**North-end—Garfield CC 10 a.m./Northgate CC 10:30 a.m.*

**South-end—Rainier CC 10 a.m./Jefferson CC 10:15 a.m./Camp Long 10:30 a.m.*

The BBQ will be over by 3 p.m.

With school finally over and summer just beginning, please come and celebrate with an O2 barbecue at the beach! This will also be an opportunity to see the newly-released summer calendar, sign up for summer trips, eat yummy food, play beach games, and hang out with old and new friends. Anyone is welcome to join!



JOINT CLIMBING WORKSHOPS — THURSDAYS

Pickups and Drop-offs:

NORTH-end students can meet the green Parks van at:
Garfield Community Center—3:30 p.m.
Northgate Community Center—4 p.m.
Return to Northgate CC/Garfield CC—by 7 p.m.

SOUTH-end students can meet the green Parks van at:
Rainier Community Center—3:15 p.m.
Jefferson Community Center—3:30 p.m.
Camp Long—4 p.m.
Return to Jefferson CC/Rainier CC/Camp Long—by 7 p.m.



THURSDAY CLIMBING EVENTS: Indoor Rock Climbing Series

Our rock climbing sessions are on Thursdays from 4:30-6:00 p.m. and although pickup times for the South-end remain the same, North-end times will be slightly later. See above for details. ***A waiver is needed for these two spring climbing events (pgs. 17-18).*** Please go online and fill out the waiver before coming to the event (*online at <http://seattle.verticalworld.com/waiver/>*). You can also fill out a paper waiver, which is available at the back of this packet.

NOTE—All of these climbing sessions are open to beginner and more advanced climbers alike!

Basic Rock Climbing Techniques and Practice

Rock climbing is one of the world's most amazing sports, combining mental and physical focus, balance, and excitement. We are pleased to continue monthly climbing sessions held on Thursdays of each month. We will be teaching how to belay at each session if you are interested in learning. Belaying is the act of passing rope through a device used to catch a climber. This is an essential part of climbing and will be the foundation for the remaining school-year climbing sessions. You can also earn volunteer hours if you belay for O2 climbers.

THURSDAY, April 30: Indoor Climbing

We, as the O2 community, are excited to offer monthly climbing sessions throughout the spring season. Climbing is a super-fun sport that challenges your mind and body alike. Come out and learn how to enjoy this sport in a fun, social and supportive environment. These sessions are for beginner and intermediate climbers. ***A Vertical World waiver will be required for this event! (See above for details.)***

THURSDAY, May 28: Mountaineers Rock Climbing Wall

Rope!!! Time for O2 to gear back up to defy gravity and have fun doing it! Join us for our spring rock climbing session under the sun at the Mountaineers outdoor climbing wall. During these climbing sessions, you will learn rock climbing techniques and get a chance to practice your belaying skills. The skills that you learn “indoors” can then be used for our outdoor rock climbing excursions during the summertime! ***This is a weather dependent event, and if there is rain, we will climb at Vertical World and a Vertical World waiver will be required! (See above for details.)***



Pickup and Drop-offs for Trips:

NORTH-end students can meet the green Parks van at:

Garfield Community Center—9 a.m.

Northgate Community Center—9:30 a.m.

Return to Northgate CC/Garfield CC—
by 8 p.m for trips.

SOUTH-end students can meet the green Parks van at:

Rainier Community Center—9 a.m.

Jefferson Community Center—9:15 a.m.

Camp Long—9:30 a.m.

Return to Jefferson CC/Rainier CC/Camp Long—
by 8 p.m. for trips

NORTH-END TRIPS

Friday – Sunday, April 24 - April 26: Whidbey Island Migratory Bird Festival

We are headed to Whidbey Island for the weekend for the Migratory Bird Festival as the invited guests of the United States Forest Service and North Cascades Institute. Friday night we will stay at Discovery Park, and Saturday to Sunday we will overnight with stellar views on the island of Whidbey. We will participate in some exciting activities with other groups and also earn service hours completing a volunteer project. Please call or text Libby to join in on the fun! An overnight equipment list is attached (pg. 24). *Note that pick up times will be different for this event!*

SOUTH-END TRIPS

Monday-Wednesday, April 13– 15: San Juan Islands Adventure

Washington State is home to many islands but none quite like the San Juan Islands with their sparkling blue waters, lush green forests and beautiful orca whales. Come explore the wonders that the San Juan Islands have to offer. We will be tent camping on the beach at Spencer Spit State Park. During the day we will be biking, hiking, and maybe even some whale watching! NO EXPERIENCE NECESSARY. This will surely be an O2 overnight to remember. An overnight equipment list is attached (pg. 24).

JOINT NORTH AND SOUTH TRIPS

Saturday – Sunday, May 16 – May 17: Ancient Lakes Adventure Weekend

Have you ever been to the desert in Washington? Come explore the driest and sunniest place in the state, where you can camp near lakes, and chose from a variety of activities to include: kayak nearby waterways, hiking to stunning waterfalls and rock climbing in the wild sage lands. Space is limited in this joint event, so call or text Emilio in the south-end or Libby in the north-end. An overnight equipment list is attached (pg. 24).

Friday, June 26: Rafting Trip

The O2 rafting trip is one of our most popular day trips. We will raft the Wenatchee River, a classic Eastern WA river with rapids, waves and sandy beaches. This is the only rafting trip for the year, so let's get out and have a blast! Pickup times will be from 8 AM—8:30 AM and returning to Seattle by 9 PM. Please call or text Emilio in the South-end or Libby in the North-end for details. *A float test is required to attend this event (pg. 25) and signed waiver (pgs. 19-20).*



Pickup and Drop-offs and Projects:

NORTH-end students can meet the green Parks van at:
Garfield Community Center—9 a.m.
Northgate Community Center—9:30 a.m.
Return to Northgate CC/Garfield CC—by 6 p.m.

SOUTH-end students can meet the green Parks van at:
Rainier Community Center—9 a.m.
Jefferson Community Center—9:15 a.m.
Camp Long—9:30 a.m.
Return to Jefferson CC/Rainier CC/Camp Long—by 6 p.m.



JOINT SERVICE PROJECTS

Saturday, April 11: PAWS Animal Shelter

PAWS cares for more than 6,000 abandoned cats, dogs, and wild animals each year with the help of many animal-loving volunteers. With this service project, O2 is going to help care for the facilities at PAWS so that these pets have a nice place to call home. These tasks may include: painting, weeding, sorting food and toys, and helping with small building projects. Come earn 8 hours of community service by helping make these pets' lives a little bit better. Please bring a copy of the signed PAWS waiver (pg. 21—23) on order to attend this event.

Saturday, May 23: WTA Trail Restoration Service Project

Have you ever wondered how all of the beautiful trails in Washington got there in the first place? It's because of people like you! Washington Trails Association is providing a unique opportunity for you to learn about trail maintenance and trails in your communities while meeting other young people

interested in the outdoors. Earn 8 community service hours while preserving the beauty in your own backyard. *A waiver is required (pg. 16) to attend this event.*





\$TIPEND PROGRAM\$



STIPEND PROGRAMS: The O2 stipend programs are wonderful opportunities for participants to gain valuable work skills while having an amazing time. This year we are introducing a new way to apply for our stipend opportunities. Instead of a first-come-first-serve, we are integrating an application and selection process. If you are interested in participating the **deadline to submit an application is June 5h. You can complete and submit this application at any time before this June 5th deadline.** We will contact you to discuss your enrollment status. ***Please note that the Rock Climbing and Kayaking positions rely on outside funding and if we do not receive the money we will not be able to offer those opportunities.*

How do I sign up? Print the Stipend Application (pg. 13), complete it and mail or deliver it to: Camp Long, 5200 35th Ave SW, Seattle WA 98126 Attn: Emilio Cassaretto. Emilio will need to have this application in his possession by June 5. Late applications will not be accepted.

O2 Rock Climbing Program: July 6, July 9, 16, 30 & August 6 **

Earn \$150.00

What: You will be belaying (the rope safety system for climbing) and teaching community center youth how to rock climb. This is an empowering, motivating experience, and you will gain valuable skills to use at future jobs. To get full compensation you need to work all of the rock climbing dates plus the training day.

No climbing experience necessary!

Mandatory Training: Monday July 6, 10 a.m.-4 p.m. Meet at Camp Long, 5200 35th Ave SW.

Work days: You must attend each Thursday climbing day (July 9, 16, 30 and August 6).

Meet at Camp Long at 7 a.m. Return by 6 p.m.

O2 Kayaking Program: July 7, July 10, 24, 31 & August 7**

Earn \$150.00

What: Lead trips for community center youth learning how to kayak. You will be responsible for teaching them safety and technical skills as well as encouraging and helping them. To get full compensation you need to work all of the kayaking dates plus the training day. No kayaking experience necessary!

Mandatory Training: Tuesday, July 7, 9:00 a.m.-4 p.m. Pick ups at 9 a.m. at Northgate Community Center, 10510 5th Ave NE.

Work days: You must attend each Friday kayaking day (July 10, 24, 31 and August 7).

Meet at 9 a.m. at Northgate Community Center, 10510 5th Ave NE.

Week Long Trail Crew: July 26– July 31

Earn \$372.80

What: This is a 6-day trip into the Mount Baker-Snoqualmie National Forest. We will be working long, hard days maintaining and building trails. We will be camping with limited shower access. Take advantage of this opportunity to build muscles, get dirty and get paid!

Mandatory Training: Training will be on Sunday, July 26 at Camp Long beginning at noon.

Parents are invited to an informational session from 12-1 p.m. We will spend the night at Discovery Park and leave Monday morning for the National Forest.

Start day and Return time: Sunday, July 26 at Camp Long, 12 p.m. We will return by 8 p.m. on Friday, July 31. **Yes, you have to attend the entire project!**

Seattle Restoration Project: Tuesday, August 4

Earn \$45.00 for one day!

What: A one-day restoration trip to help keep our beautiful city green. You will spend about 5 hours working, and then we will have a picnic to finish off the day. *Please be prepared with clothes that you don't mind getting dirty: long jeans or work pants, covered toed shoes and a long sleeve shirt.*

When: South end pick-ups will be at Camp Long at 9 a.m., Jefferson CC at 9:15 a.m., and Rainier CC at 9:30 a.m. North end are Northgate CC at 9:15 a.m. and Garfield CC at 9:30 a.m. Return by 6 p.m.

In order to be eligible for a summer stipend position you must complete this application and mail or deliver it to: **Camp Long, 5200 35th Ave SW, Seattle WA 98126 Attn: Emilio Cassaretto**. Emilio will need to have this application in his possession by June 5th. Late applications will not be accepted.



The selection process will be open now until **June 5th, 2015**.

Applications received after this date will not be accepted.



O2 Summer Stipend Opportunity Application

Name: _____

Address: _____

Phone numbers: _____

Email: _____

Please rate your stipend preference using 1, 2, 3, and 4 in the boxes below. (1 being your first choice.)

Preference: rock climbing _____ kayaking _____ trail crew _____ restoration _____

Please answer the following short answer questions. These questions will be evaluated to determine the best candidates for the available summer stipend opportunities.

1. How have you positively contributed to the community?

(This can include the O2 community, your school community, family/friend community, city community, etc.)

2. What positive contributions will you make to the stipend program you are applying for?

(Please list your first and second job choices)

3. What do you seek to gain by participating in the stipend program?

Please mail or email your application to emilio.cassaretto@seattle.gov by June 5th.



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North-end: Call Libby to sign up at 206-423-1501

2. Garfield Community Center

Address: 2323 E Cherry St, Seattle, WA 98122

Bus line from 1st and Pike downtown: 3

Directions: The Community Center is located on the corner of E. Cherry St and 23rd Ave.

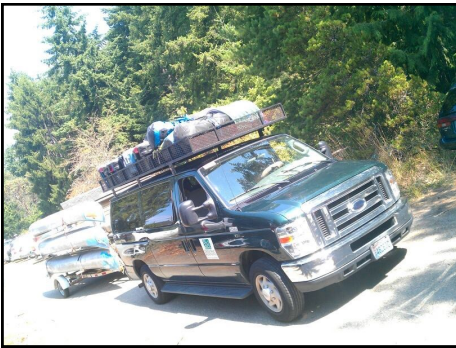
Meeting Location: Meet the green Parks van in the community center parking lot on East Cherry Street.

3. Discovery Park Environmental Learning Center

206-386-4236

Address: 3801 W Government Way

Meeting Location: Check in at front desk of the visitor's center.



4. Camp Long Environmental Learning Center

206-684-7434

Address: 5200 35th Ave. SW

Bus lines from 1st and Pine downtown: 21

Driving Directions From I-5:

Take exit 163A, merge onto West Seattle Bridge. Take a slight left onto 35th Ave SW. Follow 35th Ave. SW up the hill, past Alaska St. The Camp Long entrance is on the left. The park is on the left, the turn will happen at SW Dawson St.

Meeting Location: Meet the Parks van in the parking lot in front of the Camp Long Lodge. (watch for the Camp Long signs along the road)

5. Jefferson Community Center

206-684-7481

Address: 3801 Beacon Ave. S.

Bus lines: Light Rail, 36

Driving Directions From I-5:

Take exit 163A toward S. Columbian Way. Turn left onto S. Spokane St. Turn right on Beacon Ave S.

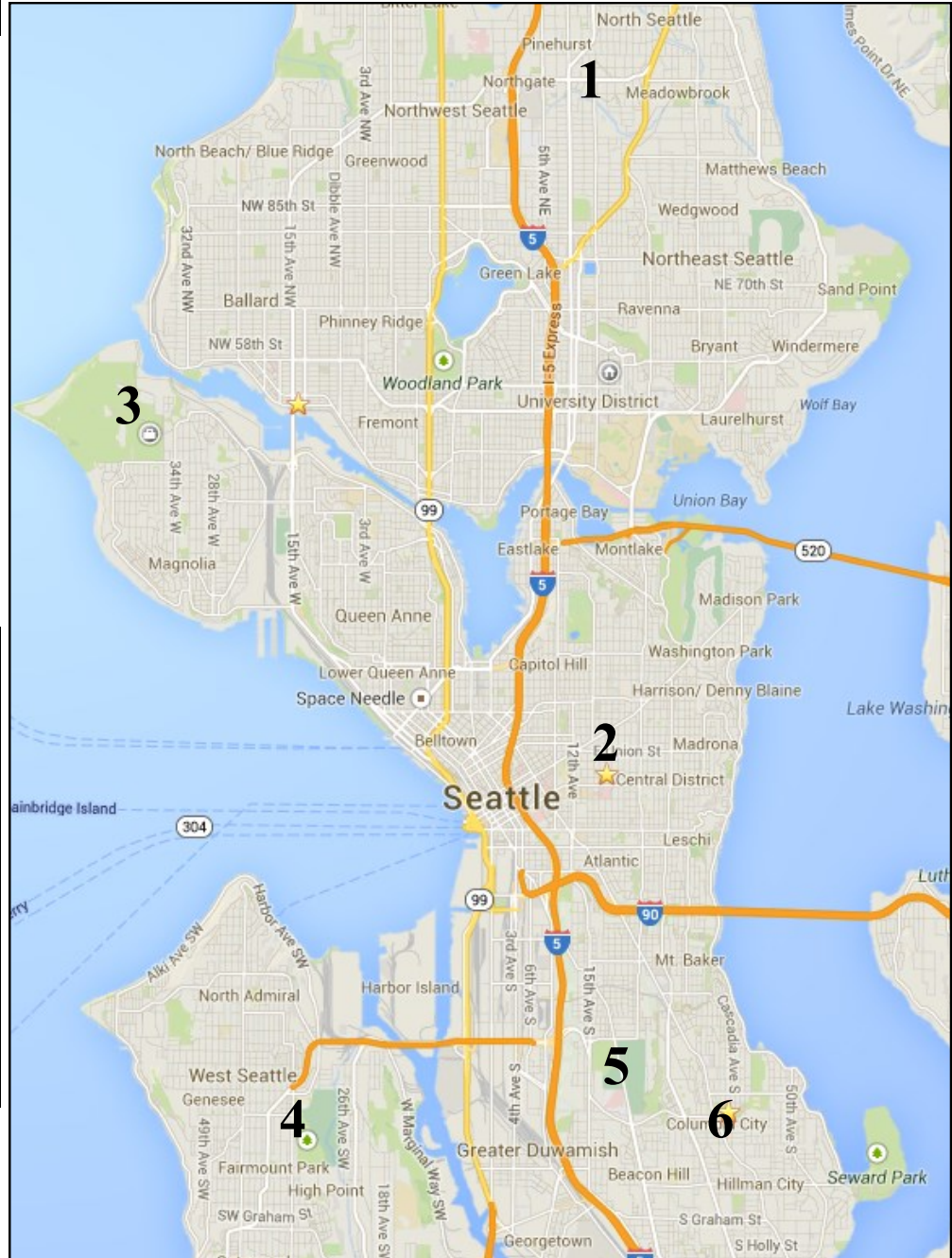
Meeting Location: Meet the Parks van in the parking lot of the community center near the front entrance.

1. Northgate Community Center 206-386-4283

Address: 10510 5th Ave. NE **Bus Lines:** 16, 68, 75, 242

Directions: Northgate CC is located behind the Northgate Library, across from Macy's on 5th Ave., between NE Northgate Way and NE 105th St.

Meeting Location: Meet the green Parks van in the lot behind the library next to the playground.



6. Rainier Community Center 206-386-1919

Address: 4600 38th Ave. S. **Bus lines:** 7, 9

Directions from the corner of Rainier and Alaska:

Walk downhill (east) on Alaska. Walk one block past the Rainier Playfield on your left.

Meeting Location: Meet the Parks van in the parking lot of the community center.

South-end: Call Emilio to sign up at 206-423-3460

**Washington Trails Association
PARENT/GUARDIAN LIABILITY RELEASE
For Participants Under Age 18**

To Be Read and Signed by Parent/Guardian

BY SIGNING THIS FORM I AM RELEASING WASHINGTON TRAILS ASSOCIATION FROM ANY AND ALL LIABILITY IN THE EVENT MY CHILD IS INJURED, DAMAGED OR KILLED WHILE PARTICIPATING IN THIS PROJECT OR EVENT SPONSORED BY WASHINGTON TRAILS ASSOCIATION. I UNDERSTAND THAT I COULD HAVE THIS RELEASE REVIEWED BY A LAWYER OF MY CHOICE.

Understanding the foregoing paragraph, I wish for my child to participate in this project sponsored by Washington Trails Association (WTA). I am aware that events and projects sponsored by WTA may involve hiking, backpacking, camping, trail games and other activities (including but not limited to running, jumping, light contact sports); construction and maintenance of trails and recreation facilities, and that participating in or observing these events or projects poses certain dangers, including, but not limited to, the hazards of traveling in and hiking in wilderness and steep mountainous terrain; using hand or motorized construction tools (and of hiking and working in the proximity of such tools when used by others); injury or illness in remote places without medical aid; lifting and working on often narrow and precipitous trails; and unforeseen events caused by the forces of nature. In consideration for permitting my child to participate in projects sponsored by WTA, I, for my family, my estate, and myself, hereby waive any right of recovery and claims of liability against WTA, its officers, employees and agents, including claims for bodily injury, death, personal injury and/or damage to property, and release WTA, its officers, employees and agents from any claims made by others for personal injury or property damage allegedly caused by me. Further, I will hold WTA harmless from any loss or damages resulting from the foregoing waiver and release. This Release and Indemnity Agreement is a contract, not a mere recital and thus it shall remain in effect for all projects sponsored by WTA in which my child participates. I also give permission for my child to be photographed / filmed and have his or her image used by WTA and their partner agencies, without royalty or compensation.

As Parent/Guardian, I am signing on behalf of a minor, I further agree to HOLD HARMLESS AND INDEMNIFY Washington Trails Association and its members from all liability, claims and causes of action which the minor may have arising from the minor's participation in activities. The terms of this agreement shall serve as a release and indemnity agreement for my heirs, personal representative, and for all members of my family, including any minors.

I HAVE READ AND AGREE TO ABIDE BY THE WTA LIABILITY RELEASE AND AGREE I HAD THE OPPORTUNITY TO MAKE CHANGES OR SUGGEST CHANGES TO THIS AGREEMENT, BUT I MADE NO ATTEMPT TO ALTER OR CHANGE THE WORDING.

Work Party Location: _____ Date: _____

Parents or legal guardians must sign for all persons under eighteen (18) years of age.

Participant Name: _____

Parent /Guardian Name: _____

Parent /Guardian Signature: _____ Date: _____

In case of emergency, please contact:

Name: _____ Relationship: _____

Phone- Day: _____ Evening: _____

Version 6/4/2014

**VERTICAL WORLD: ACKNOWLEDGMENT AND ASSUMPTION OF RISKS
& RELEASE AND INDEMNITY AGREEMENT**

All participants must fill out and sign this document (PRINT LEGIBLY)
For participants under 18 yrs. of age, participant and parent(s) or guardian(s) must sign below

Name _____ **BELAY CHECK INFO**
Address _____ **ISSUED BY: _____**
City _____ State _____ Zip _____ **DATE: _____**
Telephone: Home _____ Work _____
Male _____ Female _____ Birthday: _____ Email: _____
Emergency Contact: _____ Telephone: _____

INTRODUCTION

Please read this Acknowledgment and Assumption of Risks and Release and Indemnity Agreement, including Introduction and Conclusion (the "Document") carefully before signing. This Document informs you about your responsibilities and assumption of risks, and includes a release of liability, indemnification and surrender of certain legal rights.

Parent(s) or Legal Guardian(s) (hereafter collectively "parent(s)") of any participating minor (hereafter sometimes "minor" or "child") shall sign this Agreement. Participating minors (those under the age of 18) shall also sign. "I," "me" or other first person references shall include both the parent and the minor, unless the context requires otherwise. References to "participant" include both minor and adult participants.

In consideration of the services of Vertical World, Inc., its agents, owners, officers, employees, representatives and all other persons or entities associated with it (hereafter collectively "Vertical World"), participant, including parent(s) of minor participants, agree as follows:

ACKNOWLEDGMENT AND ASSUMPTION OF RISKS

Engaging in climbing activities at Vertical World's indoor rock climbing facility involves serious risks. These activities vary but can include bouldering, climbing, belaying and rappelling on Vertical World's artificial climbing walls, with or without Vertical World staff present. I (and my parent(s), if I am a minor) acknowledge that participating in climbing activities involves risks. Some risks are inherent in these activities and cannot be eliminated or reduced. A variety of other risks also exist. **These inherent and other risks, hazards and dangers can cause injury, property damage, illness, mental or emotional trauma, paralysis, disability or death to participant or others. The following describes some, but not all of those risks, hazards and dangers:**

- 1.) **Risks involved in physical activity.** Activities vary, but can include lifting, climbing, rappelling, belaying and sustained use of a participant's arms and legs.
- 2.) **Risks in decision making.** Participants must make judgments and decisions as they participate in climbing activities. So, too, Vertical World staff must make judgments and decisions as they teach climbing skills or assist participants. These judgments and decisions are, by their nature, imprecise and subject to error. Consequently, there are risks involved in decision-making and conduct, including, without limitation, the risk that a staff member may misjudge a participant's abilities or fitness level.
- 3.) **Equipment failure or misuse. Equipment used includes, without limitation, artificial climbing holds and anchor points, ropes, slings, harnesses, climbing shoes and climbing hardware** which may be misused, or which can break, fail or malfunction. This includes participant's personal equipment or equipment rented or borrowed from Vertical World.
- 4.) **Risks regarding conduct.** The potential that I, other participants or third parties (e.g. belayer, rescue squad, hospital) may act carelessly or recklessly or generally fail to exercise care.
- 5.) **Such other risks, hazards and dangers associated with rock climbing activities and the use of artificial rock climbing walls.**

These and other risks, hazards and dangers may result in participants (for example): 1) falling partway or falling to the ground, 2) getting entangled in ropes or other equipment, 3) impacting the rock face, anchor points, or other projections, 4) colliding with or impacting objects or people. These and other circumstances may cause fractures, sprains, broken bones, concussions, cuts or abrasions, or other injury or illness, mental or emotional trauma, paralysis, disability or death.

I understand that the above list is not complete and that other unknown or unanticipated risks, hazards and dangers may result in injury, damage, death or other loss. I acknowledge that participating in these activities requires a special degree of skill and

knowledge different from other activities and that I have responsibilities as a participant. I have no mental or physical problems or limitations that might compromise or affect my ability to participate in climbing activities which have not been disclosed to Vertical World. I represent I am fully capable of participating in these activities without causing harm to me or others and I agree to follow all Vertical World rules and regulations. I acknowledge that Vertical World staff is, and have been available, should I have further questions about the nature and physical demands of these activities and the risks, hazards and dangers associated with these activities. I understand that the presence of Vertical World personnel is absolutely no assurance of my safety or the lessening of any of these risks. **Climbing is dangerous! In both supervised and unsupervised activities, I acknowledge that all participants are responsible for their own safety. My participation in these activities is purely voluntary, and I choose to participate in spite of and with knowledge of the risks. Therefore, I (and my parent(s), if I am a minor) assume and accept full responsibility for those risks identified here and for those risks not identified, and for injury, damage, death or other loss suffered by me resulting from those risks, or resulting from my own negligence or other conduct.**

RELEASE AND INDEMNITY AGREEMENT

Please read carefully. This section contains a Release and Indemnity Agreement and surrender of certain legal rights.

Participant, if he/she is an adult, or parent(s), for themselves and on behalf of their participating minor child:

- (1) **agree to release and covenant not to sue Vertical World**, with respect to all claims, liabilities, suits or expenses (including attorneys fees and costs), arising out of any injury, damage, death or other loss to me or my child in any way connected with my/my child's enrollment or participation in Vertical World activities, or use of Vertical World's climbing wall or other equipment and facilities. **I understand I agree here to waive all claims I may have against Vertical World, and agree that neither I, nor anyone acting on my behalf, will make a claim or file a lawsuit of any kind against Vertical World, as a result of any injury, damage, death or other loss suffered by me or my child;**
- (2) **agree to defend and indemnify** ("indemnify" meaning protect by reimbursement or payment) **Vertical World** with respect to all claims, liabilities, suits or expenses (including attorneys fees & costs):
 - (a) brought by or on behalf of me, my child, or a family member, arising out of any injury, damage, death or other loss to me or my child in any way connected with my/my child's enrollment or participation in Vertical World activities, or use of Vertical World's climbing wall or other equipment and facilities; or,
 - (b) brought by a co-participant or any other person, arising out of any injury, damage, death or other loss claimed to be caused, in whole or in part, by my/my child's conduct in the course of participating in Vertical World activities or using Vertical World's climbing wall or other equipment and facilities.

This Release and Indemnity Agreement includes any losses claimed to be caused, in whole or in part, by the negligence of Vertical World (but not its gross negligence or reckless misconduct) and includes claims for personal injury, property damage, wrongful death, products liability, breach of contract or otherwise.

CONCLUSION

I agree that this Document, and all other aspects of my relationship with Vertical World are governed by Washington state law. Further, any mediation, suit, or other proceeding arising out of or relating to my enrollment or participation in Vertical World activities, must be filed or entered into only in the State of Washington and Washington state law shall apply. I agree to attempt to settle any dispute (that cannot be settled by discussion) through mediation before a mutually acceptable mediator.

I authorize Vertical World staff to obtain or provide medical care for me/my child or to transport me/my child to a medical facility. I authorize medical personnel to render such treatment they deem necessary for me/my child's health. I agree that Vertical World has no responsibility for medical care provided to me/my child and I agree to pay all costs associated with such medical care and transportation.

Any portion of this Document deemed unlawful or unenforceable shall not affect the enforceability of the remaining provisions of this Document and the remaining provisions shall continue in full force and effect.

I have carefully read, understand and voluntarily sign this Document and acknowledge that it shall be effective and binding upon myself and my family and my heirs, executors, representatives and estate.

Participant Signature _____ Date _____ Print Name Here _____ Accepted by: _____ Staff _____

Parent(s) or Guardian(s) must sign below for any participating minor (those under 18 years of age) and agree that they are subject to all the terms of this Document, as set forth above.

Parent or Guardian Signature _____ Date _____ Print name here _____

Orion Rafting Waiver (1 of 2)

ORION EXPEDITIONS, INC.

RELEASE AGREEMENT AND ACKNOWLEDGEMENT OF RISK

I, the undersigned, in consideration of the services of Orion Expeditions, Inc., its officers, directors, employees, contractors, agents and representatives (collectively referred to in this Agreement as "Orion"), hereby agree to release and discharge Orion, on behalf of myself, my heirs, assigns, personal representatives, dependents, and estate as follows:

1. I understand and acknowledge that the activity I am about to voluntarily engage in as a participant and/or volunteer bears known risks and unanticipated risks which could result in serious injury, death illness or disease, physical or mental, or damage to myself, to my property or to spectators or other third parties. The following describes some, but not all, of those risks:

- (a) Accident or mishap while traveling to and from the river, whether in vehicles operated by Orion, or in vehicles operated by other persons;
- (b) Collision with any object or person in or outside the boat, or on land, or on the river, or in the river, including, among others, collisions with equipment, other persons, rocks, boulders or trees;
- (c) Any attempt on my part to perform beyond my physical and/or mental ability, and/or the aggravation, recurrence or onset of any pre-existing medical condition of mine;
- (d) Failure on my part or on the part of other guests to comply with any Orion instruction;
- (e) Falling from the boat into the river, or onto a rock, tree or other object, or onto the river bank, and any slip or fall on any terrain;
- (f) Entanglement in, or entrapment by any rope, line, webbing or other equipment, or entanglement in, or entrapment by any other object in or around the river, including, among others, rocks, boulders, trees or man-made objects;
- (g) Failure of equipment, whether owned by me, or provided by or rented from Orion;
- (h) The forces of nature, including, among other things, strong currents, large waves, powerful hydraulics, and/or inclement weather;
- (i) Swimming or floating in the river, drowning, hypothermia, exposure, heat-related illness and/or shock; and/or
- (j) Emergency evacuation and rescue, including among other things, evacuation and rescue from remote and/or hazardous situations.

WHITEWATER RAFTING DOES NOT TAKE PLACE IN A CONTROLLED ENVIRONMENT. AND WILL ALWAYS BE SUBJECT TO THE RISKS POSED BY THE FORCES OF NATURE. THE NATURE AND EXTENT OF THOSE RISKS ARE NOT CAPABLE OF PRECISE DETERMINATION OR CONTROL. EVEN BY PERSONS WITH MANY YEARS OF RAFTING AND GUIDING EXPERIENCE. RAFTING AND/OR ASSOCIATED ACTIVITIES ARE DANGEROUS ACTIVITIES.

2. Being aware that this activity entails known and unknown risks of my serious injury, death or property damage, and risks of serious injury, death or property damage to spectators or other third parties in consequence of my actions, I expressly agree, covenant and promise to accept and assume all responsibility and risk for all and any injury, death, illness or disease, or damage to myself, to others, or to my property arising from my participation in this activity. My participation in this activity is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to hold harmless, defend and indemnify Orion from and against any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my participation in this activity, including specifically but not limited to the negligent acts or omissions of Orion, its agents or employees, and all other persons or entities, for any and all injury, death, illness or disease, and damage to myself or to my property.

Orion Rafting Waiver (2 of 2)

IN SIGNING THIS DOCUMENT, I FULLY RECOGNIZE THAT IF ANYONE, INCLUDING ME, IS HURT OR DIES OR PROPERTY IS DAMAGED WHILE I AM ENGAGED IN THIS EVENT, I WILL HAVE NO RIGHT TO MAKE A CLAIM OR FILE A LAWSUIT AGAINST ORION, OR ITS OFFICERS, DIRECTORS, EMPLOYEES, AGENTS, CONTRACTORS OR REPRESENTATIVES, EVEN IF THEY OR ANY OF THEM NEGLIGENTLY CAUSED THE BODILY INJURY, DEATH OR PROPERTY DAMAGE.

4. Should it become necessary for Orion, or someone on Orion's behalf, to incur attorneys' fees and costs to enforce and/or interpret this agreement, or any portion of this Agreement, I agree to pay the reasonable costs and attorneys' fees incurred by Orion and such persons, or for which they incur any liability.

5. I agree to refrain from consuming any alcohol or other intoxicants for any period during which they may adversely affect me while rafting. I am affected by the following medical conditions (including allergies), and am taking the following drugs: _____

I have consulted with a medical professional concerning the use of such drugs and the effect of such conditions while rafting. In the event of illness or injury occurring while rafting, I hereby consent in advance to whatever medical or surgical diagnostic and/or restorative procedure or treatment is considered necessary in the judgment of the attending physician, medical technician or guide furnishing medical services.

6. I certify that I have sufficient health, accident and liability insurance to cover any bodily injury or property damage I may incur while participating in this event and to cover bodily injury or property damage caused to a third party as a result of my participation in this event. If I have no such insurance, I certify that I am capable of personally paying for any and all such expenses or liability.

7. If any provision of this Agreement is held to be invalid, such invalidity shall not render invalid the remainder of this Agreement or the remainder of the section of which such invalid provision is a part. If any provision of this Agreement is so broad as to be held unenforceable, such provision shall be interpreted to be only so broad as is enforceable.

Signature of participant: _____ Print name: _____

If under 18, signature
of parent or guardian: _____ Print name: _____

Address: _____

Phone: _____ Date: _____

River: _____ Witness: _____

(Print Name) _____



PAWS One Day/Work Party Volunteer Program Waiver and Release Agreement

We at PAWS are grateful for the vital services contributed by our caring adult and youth volunteer program participants (referred to herein as "volunteers"). PAWS' Volunteer Program is an important and valued part of the organization. On behalf of the PAWS staff, and the animals whom you help, thank you for contributing your valuable time and talent.

You will need to read and sign the following Waiver and Release Agreement before you can participate as a PAWS volunteer.

General Agreement

In signing below, I understand and agree to the following items:

1. If I am injured while acting as an unpaid member of the volunteer staff, Washington State Workers' Compensation laws do not cover me.
2. There may be risks involved in using certain cleaning products while performing my duties.
3. To abide by the policies and procedures presented today and/or in training meetings.
4. All PAWS records, including those regarding donors, and previous and new animal guardians, are to be kept confidential.
5. If I exhibit behaviors considered by PAWS' staff to be dangerous or inappropriate to myself, the animals and/or other volunteers, employees or citizens, I may be removed from the program and the premises.

General Waiver and Release

I recognize that in handling animals while performing services for PAWS, there is an inherent risk of injury including, but not limited to, personal physical harm. On behalf of myself, my heirs, assignees, guardians, and personal and legal representatives and executors, I hereby release, discharge, indemnify and hold harmless PAWS, its officers, directors, employees and other volunteers for any and all claims, demands, losses, costs, liabilities, settlement agreements, damages, and expenses connected with my services to PAWS or my Volunteer Agreement whether caused directly or indirectly by any negligence (active or passive) attributable to PAWS, its officers, directors, employees or volunteers.

Emergency Medical Treatment

I authorize PAWS employees to seek emergency medical treatment for me in case of accident, illness or injury, and agree to be personally liable therefor. On behalf of myself, my heirs, assignees, guardians, and personal and legal representatives and executors, I hereby release, discharge, indemnify and hold harmless PAWS, its officers, directors, employees and other volunteers for any and all claims, demands, losses, costs, liabilities, settlement agreements, damages, and expenses for any medical treatment obtained at the request of PAWS, its officers, directors, employees and other volunteers.

Food Allergies/Physical Limitations

I acknowledge that I have no known animal, food or other allergies, or other physical limitations that might affect my ability to carry out the volunteer duties that I may be assigned, and that I have discussed any allergies or limitations that I do have with the PAWS Volunteer Program Manager.

Photographic/Video/Audio Recording

I understand that public relations are an important part of volunteering at PAWS. I therefore agree on behalf of myself, my heirs, assignees, guardians, and personal and legal representatives and executors to

allow PAWS to use any and all photographic images and video/audio recordings of or by me made in connection with activities conducted by or at PAWS, to be used solely for program documentation and/or publicity purposes without payment.

Waiver of State Compensation Benefit

I understand that under PAWS' Workers' Compensation policy, I am not classified as an "employee" and am therefore ineligible for Workers' Compensation coverage for injuries that might be sustained while volunteering for PAWS. PAWS strongly recommends that I maintain my own medical insurance.

Injury Reporting

If I am injured performing a PAWS volunteer job, I must complete and submit a PAWS Volunteer Injury Report form to the Office/H.R. Manager as soon as possible following the injury, whether or not I intend to seek medical care. If I receive medical care, I should use my personal medical providers per my personal insurance coverage. I should submit receipts for out-of-pocket costs (such as deductibles and co-pays) to PAWS within 10 days of the injury for review and possible reimbursement.

Zoonotic Disease Waiver

I am aware that zoonosis is any infectious disease that an animal can transmit to people. I am aware it can be transmitted through saliva, blood, urine, feces, and skin contact. I understand and agree to follow any instructions I receive regarding prevention of transmitting and/or receiving any type of disease while working with animals. Furthermore, I agree to wash my hands between each animal contact, thoroughly disinfect any bite or scratch wound, and immediately report any bite or wound to a staff member. I have read, understand and agree to the above zoonotic disease waiver. Furthermore, I release PAWS from all responsibility that may occur because of my not following transmission prevention instructions, and I understand that whatever decision I make regarding zoonotic disease prevention is at my own risk.

Tetanus Waiver

I understand that PAWS believes it is important for me to be current on my tetanus vaccination if I will be handling animals as a PAWS volunteer. I acknowledge that I am current on my tetanus vaccination, or if I am not current, that I release PAWS from all responsibility that may occur because of my not being vaccinated against tetanus. I have read, understood and agree to the above tetanus waiver.

Rabies Waiver

I understand that although rabies is not common in Washington State, PAWS receives stray, domestic and wild animals with unknown histories. I acknowledge that I am current on my rabies vaccination, or if I am not current, that I release PAWS from all responsibility that may occur because of my not pursuing the pre-exposure rabies vaccination series. I have read, understood and agree to the above rabies waiver.

By signing below, I acknowledge that I have read and fully understand the terms and conditions of the Agreements and Waivers and that I agree and will comply with same.

- General Agreement
- General Waiver and Release
- Emergency Medical Treatment
- Food Allergies/Physical Limitations
- Photographic/Video/Audio Recording
- Waiver of State Compensation Benefit
- Injury Reporting
- Zoonotic Disease Waiver

- Tetanus Waiver
- Rabies Waiver

Volunteer/Program Participant Printed name

Volunteer signature (or Parent/Guardian signature if volunteer is under 18 years of age)

Parent/Guardian printed name (if volunteer is under 18 years of age)

Date

Volunteer Program Manager

Date



Spring 2015 Equipment Lists

Make sure you show up to your Spring events well prepared! Below are lists of some things you should plan to bring on overnight trips and on day trips. Remember, we can provide many of these items, like extra jackets or hiking boots, this is just basic essentials!

Overnight Trips	Day Trips
<ul style="list-style-type: none"> -Water bottle -Comfortable closed-toe walking shoes -Heavy jacket -Waterproof jacket -Wool or fleece sweater -Warm layers -Gloves -Warm hat -Warm socks (synthetic or wool) -1 pair of pants -Bandana -1 Small towel -1 Wash cloth -Swim Wear and towel -Flashlight (extra batteries) -Toiletries: soap (Ivory, if possible), toothpaste, toothbrush, comb, brush, sanitary napkins if necessary -Medications (if needed) -Allergy medicine (if needed) -Travel size Pillow -Sunscreen -Sunglasses -Lip balm -Camera (optional) 	<ul style="list-style-type: none"> -Comfortable closed-toe walking shoes -Waterproof jacket -Warm layers -Swim wear -Towel -Sunscreen -Medications (if needed) -Camera (optional) -Snacks (optional)

Rafting Trip:

***Bring a swimsuit, change of clothes and extra pair of warm socks
(NO COTTON CLOTHES WHILE RAFTING)**



Float Tests



If you want to participate in any O₂ event that takes place on the water, you need to have passed a city approved float test. A float test is when you prove to a lifeguard that you can tread water with long pants and a long sleeve shirt on for 10 minutes and put on a lifejacket.

You *do not* need to be a good swimmer to pass the test. As an alternative you can try the Deep Water test!

The two types of float tests are described below:

Standard Float Test	Deep Water Test
<p>-To pass a Standard Float Test, you must tread water in the deep end of the pool for 9 minutes. In the 10th minutes, the lifeguard will ask you to put on a life jacket while you are still treading water. At no time are you allowed to touch the side of the pool.</p> <p>-A Standard Float test is good for three years and allows you to do any O₂ aquatic event.</p>	<p>-To pass a Deep Water Test, you must get in the pool with a life jacket on, get your face wet, and float in the deep end of the pool for 10 minutes.</p> <p>-A Deep Water Test is good for 1 specific aquatic event. For example, it would allow you to attend a rafting, kayaking, sailing or canoeing trip / program. After that trip / program is over, your Deep Water certification expires.</p>

Upcoming O₂ Float Tests Include:

O₂ North End:

Tuesday—April 14

Friday—May 15

Tuesday—June 23

O₂ South End:

Thursday —May 14

Thursday —June 18

Tuesday —June 23

Pickups: Northgate CC—4:45 PM
Garfield CC—5:15 PM

Pickups: Rainier—6:30 PM, Jefferson—6:45 PM, Camp Long—7:00 PM

Back by 9:00 p.m.

Back by 7 PM

OR call the pool nearest you to see when you can take the test! The Ballard Pool conducts float test during open swim times: Tues—7:30—8:30 PM, Wed—6:30—7:30 PM, Fri—7:30—8:30 PM, Sat—12:30—1:30 PM, Sun—1:30—2:30 PM. Medger Evers Pool (near Garfield HS) has open swim times: Mon and Wed—7—8 PM and Fri—6:30—8:00 PM., Sat—1:30—3:00 PM, Sun—2—3:30 PM. Southwest Community pool (near Chief Sealth HS) has open swim times: Tues & Thursday—7:30—8:30 PM, Friday—4:30—5:30 PM and Saturday—1—2 PM, Sunday— 4-5 PM

You can **ONLY** take a float test at the following Seattle Parks city pools:

<p>Ballard Pool (684-4094)</p> <p>Evans Pool at Green Lake (684-4961)</p> <p>Medger Evers Pool near Garfield CC (684-4766)</p> <p>Madison Pool in Bitter Lake (684-4979)</p> <p>Meadowbrook Pool off Lake City Way(684-4989)</p>	<p>Queen Anne Pool (386-4282)</p> <p>Rainier Beach (386-1944)</p> <p>Southwest Pool in West Seattle (684-7440)</p> <p>Coleman Pool in West Seattle (684-7494)</p> <p>Mounger Pool in Magnolia (684-4708)</p>
--	--

WHAT TO BRING—If you are taking the test on your own:

- **Photo identification**
- **\$3.00 to get into the pool**
- **Long pants /long sleeved shirt—you will do your float test with your clothes on!**
 - **Try to avoid bringing jeans or sweat pants, these get heavier when wet. Fleece or leggings work great!**
- **Change of clothes**

Please submit your completed and signed Float Test to Emilio or Libby prior to attending an O₂ aquatic trip.